

PHYSICAL CULTURE.

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It is the editor's firm and conscientious belief—

That weakness is a crime.

That one has no more excuse for being weak than he can have for going hungry when food is at hand.

That if one possesses sufficient vitality to remain alive under the abnormal conditions of sickness, he has more than sufficient strength to regain vigorous health.

That usually disease is simply an effort on the part of the physical organism to right itself, and is the means adopted to attain the end of effecting a cure.

That there is no disease without a cause, and if the cause is removed the body will gradually "cure itself."

That disease is not "sent by Divine Providence," but is the result of the victim's own ignorance or carelessness.

That vigorous, pulsating health, with all the energy of mind and body that accompanies this exalted physical condition, is within the reach of all.

That health and strength of a high degree is the natural condition of man, and it is otherwise only when one's life does not conform to nature's laws.

That there are thousands in every civilized country annually dying from consumption, general debility, heart trouble, and other causes too numerous to mention, who could easily have been brought back to health, strength and power had they adopted rational methods at the proper time

That his great purpose in life is to "preach the gospel" of health, strength and the means of acquiring it.

That the finest and most satisfying results that can be acquired from proper physical culture are the cure of disease and the development of that energy, vitality and health essential to the success and happiness of life.

The above will remain for a few issues, that my principles may not be misunderstood.

If there are those whom I can benefit that are unable financially to recompense me, they will find me just as ready and willing to answer their queries as those others who can afford to be liberal in their fees.

When writing please do not expect a reply too soon, as the duties of a lecturer, engaged nearly every night, are rather difficult to fulfill; but, if a reply does not come after waiting a reasonable time, please write again, as the letter may have been mislaid or lost in the mails.

THE EDITOR.

THE DEVELOPMENT OF ENERGY, VITALITY AND HEALTH.

The marvellous influence of energy on one's life is well known. The power to succeed depends not so much on the opportunities one has as it does on the ability and energy to take advantage of those that do appear. How many young men start out in life with the noblest intentions, the highest, broadest ambitions, but through lack of the determination and persistence that come with great energy, gradually lose their high aims, until these disappear altogether in the mere struggle for ordinary subsistence. They will often say, "Oh, I have lived and learned; I started out with the determination to accomplish great things, but here I am, at this unsatisfactory occupation," etc., etc. The road to the desired success was more difficult to ascend, than they imagined, and they lacked the energy necessary to persist in their attempts, and to that their failure was due. The great importance of the possession of energy cannot be overestimated. It should be sought for above all things, in preparing for life's work.

It may be new to many that one's energy can be increased in power, can be developed just the same as the muscular system. To a certain extent the body is a great storage battery—one can store up energy, that can be used at will for mental or physical work. One can-

not possess great energy unless he enjoys exuberant health—health of a degree that makes the very act of living, of breathing, a source of exhilaration; and, at times, when Nature smiles, with a bright sun glowing in a background of clear blue, one can actually become momentarily intoxicated with the wild joy of merely living and breathing. That is the health which is worth making the effort to possess, and I believe that all men and women can acquire it if they adopt the proper method and persevere in their endeavors. It is not within the power of every one to become extraordinary strong, in the sense of being able to lift heavy weights, or to perform feats of strength, but superabundant health is within the reach of all. At birth each one inherits a certain degree of muscular and vital strength—if no attempt is made to develop this to the limit, one may go through life weakly, sickly and emaciated, when he could have possessed strength and energy far above the ordinary had he made proper attempts to acquire it. As every one inherits a muscular system that is capable of being developed so far and no farther, it is ridiculous for any one to assert that every one can be developed so many inches in the upper arm, the calf, etc., etc. One man may be able to increase the size of his up-



per arm three or four inches, while another man may not be able to add over half an inch. But, if one is unable to develop muscular tissue to a noticeable degree, it does not necessarily indicate that he cannot increase his energy, vitality and health in the same proportion as one who is able to acquire large development.

One can possess great vitality without a corresponding degree of energy. Vitality, as I understand it, is the ability to live long—it means that one's physique is strong, vigorous and hardy. Such a person could possess great energy if he were to "wake up" his latent power by various means within his grasp, but in such a case it would be a matter of mental as well as physical training. To secure the greatest attainable degree of energy, one must strive to possess the highest attainable degree of health. How is one to acquire this? From a proper system of muscular exercise, adapted to one's needs and strength, a wholesome, nutritious diet, thorough cleanliness of the skin, the observance of the physiological and other laws appertaining to the culture of the body. But you may inquire, "What is a proper system of exercise?" One that uses the entire muscular system lightly and thoroughly, causing each and every muscle to be cleansed and strengthened with the accelerated circulation brought about by the flexed and relaxed conditions of the muscles that follow each other in

quick succession in proper exercise. Do not forget that there is a vast difference in exercise and in its results. All experts agree that the most beneficial results are derived from physical exercise when, in making a motion of any kind, one part of it should require an effort (flexed condition) on the part of the muscle, and the other part should require no effort (relaxed condition). Thus, if one is using an entire rubber exerciser the tension from which is the same going both ways, one can readily see that it would require an effort to pull it out, and an effort to keep it from returning with a jerk—a flexed condition of the muscle during the entire motion, and when the motions are continuous—one after the other—the flexed condition of the muscles continues during several motions. As there are several good home exercisers on the market besides my own, and as thousands of these are now in daily use, the fact that some of them, on account of being constructed entirely of rubber, have the particular disadvantage referred to, is worthy of mention.

• Your exercise should be adapted to your particular needs—avoid everything that tends towards violence. If not strong, use still greater caution until sufficient strength is acquired to afford experimenting. The exercise should admit of variety. Get as much pleasure out of it as possible. Do not make hard work of it. Look upon it as play. If

it is convenient, join a gymnasium and enter into the calisthenic drills and other exercises which are not too difficult. This gives you the benefit of encouragement from others whose object is similar.

A beginner should start slowly and lightly—especially if weak. Do not take over five or ten minutes per day at first, gradually increasing the time, day by day, until the exercise may average 20 or 30 minutes per day.

No matter whether one joins a gymnasium or not, it is essential that he should have some regular system that uses every muscle which he can practice at home on the days he does not attend the gymnasium. The system, as illustrated in my instruction book, will be found very good for this. It is the simplest method I could devise for accomplishing the purpose of using the entire muscular system. However, there is no necessity for confining the exercise to my system if a method can be found that accomplishes the same purpose of using properly and thoroughly all the muscles. Do not forget that the reason an athlete or a well-trained man is nearly always stronger than a workman is because the athlete uses and develops all his muscles, while the workman mostly uses only a part of his muscular system and allows the other parts to remain almost entirely inactive.

Avoid all practising with heavy weight—do nothing that has the slightest tendency to strain the mus-

cles. Feats of strength are of no value to a man who desires simply superabundant health.—If ambitious to become a man with phenomenal strength, one must make up his mind to sacrifice, to a certain extent, exhilarating health and vital power in securing it. Every man possesses a certain amount of reserve force; he can lift far more under stress of nervous excitement or of great determination, than he can under ordinary circumstances. He does this by calling on his reserve force, and if one makes a habit daily of practicing or exhibiting with heavy weights that require him to use this reserve force, he is sapping the foundation of higher physical health, lessening his vitality and decreasing his years of life. You can be intemperate in the cultivation of muscular tissue as easy as in anything else. One does not need phenomenally developed muscles. What he does need is a normal, natural muscular system. When one strives for anything beyond this he is becoming intemperate in his desires and in his exercise, and the results often work serious injury to that higher state of physical health, the development of which all physical culture should tend to improve.

Some will ask, "When shall I take exercise?" A little in the morning immediately on rising, before dressing, so there will be no wearing apparel to interfere with free muscular movements. Don't take sufficient to tire the muscles!



One needs his energies for the day's labor—so exercise just enough to accelerate the circulation and wake up the faculties. But at night, before retiring, I would advise more—enough to create a feeling of slight fatigue all over the body. That "tired feeling," which we all hate so much during the day, is of decided advantage when one is wooing the unconsciousness of slumber. Then there is an advantage also in taking vigorous exercise just before retiring in its ability to create a thoroughly normal condition. If one is tired out with mental work it will create a feeling of rest and take away the throbbing of a feverish or overworked brain. If the legs are aching from standing or walking all day, a little vigorous work of the upper parts of the body will usually equalize the circulation and alleviate the pain.

Be moderate in diet. Do not eat to satiety, but merely all the appetite craves. Many think that dieting is living on those foods which are not appetizing, but which are supposed to be the most nourishing. That is a mistake. Dieting consists of adhering to those particular articles of food for which the appetite craves, and which contain, to the greatest degree, those food elements that are most needed to feed the body at that time. How is one to know this? By the appetite. The normal appetite craves the strongest of those particular foods which are the

richest in the elements required to strengthen and build up the physical organism. Then dieting properly is eating what one likes best? Yes, if the appetite be entirely normal. How is one to tell if the appetite be normal? If it craves foods which are unwholesome and which disagree with the system, one knows that the appetite is abnormal, or else the food contains elements essential to feeding the body notwithstanding its unwholesomeness. Then would the advice be to eat it anyway? No; would advise that some other food be sought for which one knows to be wholesome and nutritious and which contains similar elements for which the appetite craves.

Eat slowly, masticate thoroughly. Never eat without an appetite. The thorough enjoyment of food is essential to perfect digestion. When one enjoys every morsel eaten, the saliva flows more freely, the gastric juices of the stomach are furnished in greater quantities, and the work of digestion and assimilation is more satisfactorily accomplished. If there is no capacity for the enjoyment of food at one meal time, wait until the next, for under these circumstances forcing one's self to eat merely because it is meal time, is a most dangerous practice. When the system is overloaded with impurities, as in pneumonia, consumption, neuralgia, rheumatism and "filth" diseases of an analogous character, the appetites of all whose physiques approximate a normal condition give warning by disappearing, thus

enabling the system, if this warning be obeyed, to purify itself through its various depurating organs. But if one persists in eating or exciting an abnormal appetite with stimulants, the result is liable, to be any of above named diseases, and others whose names are too numerous to mention. Thousands have died of consumption, etc., etc., who have simply eaten themselves to their graves. When a man misses one meal he will very often say that he is starving, but, as an authentic record exists, I am told, of a man who lived for 60 days without a single morsel (other than water) passing into his stomach, there can hardly be much fear of death from starvation in fasting one to three meals.

Do not eat too much meat; it is a highly stimulating article of food, and should be used in moderate quantities. Eat plenty of good Graham bread, made from the whole-wheat meal. A grain of wheat is supposed to be the most perfect food known—it contains in almost perfect proportions the chemical elements essential for feeding the body. White bread that is used so much, contains but little nourishment for the muscles, bones or brain—this is nearly all taken out in the bran. If one depends on the ordinary white bread, he will necessarily have a strong appetite for meat to make up the deficiencies of this food, but if good brown bread is used, the appetite for meat is not nearly so great.

Cultivate an appetite for fruits

and vegetables—one's capacities are greater on a partial vegetarian dietary, provided eggs and milk are not excluded.

Do not depend on alcoholic stimulation. The plain unfermented fruit juices, such as we get from the grape and the apple, are the most wholesome health producing drinks. I am such a firm believer in the injurious qualities of alcoholic and other false stimulation that I do not even drink coffee or tea—haven't for fifteen years. I believe there is some virtue in a hot drink during the meal—not to sip now and then, but to drink when an actual thirst exists. What I use, when occasions demand, is merely hot water and milk, with sugar to taste. This is certainly a "milk and watery" drink, but I like it much better than tea, coffee or cocoa, and it undoubtedly agrees with me.

The importance of a thoroughly clean skin cannot be overestimated. Take at least two or three hot baths per week, with plenty of soap and water, for cleanliness, and a cold sponge bath every morning for its tonic effects. A sponge bath only cleanses superficially, but it is beneficial unquestionably if one is able to recuperate immediately from the shock with a feeling of warmth. If cold and chilly after such a bath it should not be repeated until the vital strength has considerably improved. A soft bristle brush for the purpose of skin friction—using it just as you would a rough towel.



bringing it back and forth over the surface of the body—will be found of great aid in keeping the skin in a fine condition. One of these brushes properly used gives the skin the softness and smoothness of velvet, and accelerates quite materially the action of the pores in throwing off impurities. The best time to use it is immediately after a little exercise (before the sponge bath) on rising in the morning.

Do not cumber the body with too much clothing. Wear only sufficient to keep warm, and no more. Too much clothing lessens the vital powers, and makes one much less able to resist disease.

Within the confines of this short article one can give only an outline of that which is necessary to do in order to build up great energy, vitality and health, but those who

earnestly and truly desire this exalted physical condition have only to make a start under the instructions as outlined here, and from that small beginning go on and on improving in strength and health day by day, adding to their knowledge, their enthusiasm, their determination, as they feel this increasing physical power gradually raising them from the level of a mere existence to the heights of glorious, exhilarating health. Just taste that condition, reader, and live, breathe, enjoy, with the delicious intoxication that comes at times to those who possess the blessing of superb, pulsating health. Grasp it, friend, while you may—before the eyes grow dim, the feet unsteady, before the call bearing you into a mysterious uncertainty roughly ends life's dream.

THE EDITOR.

CAN A WEAK MIND BE MADE STRONG ?

SOMETHING OF INTEREST TO THOSE WHO DESPAIR EASILY.

A terrible affliction is a weak mind. It is a kind of label which is pinned to the being of the man, proclaiming him to be hardly fit for anything, neither for reasoning, thinking, remembering, nor for exercising his will properly.

Of course, the essence of the mind is unknown to us; it is a blank. We can define mind to be that which thinks and reasons, but we can go no further. We are conscious that we think and that we have a variety of different thoughts, from deliberating and reasoning to loving and hating, but beyond this it is impossible to define what the essence of the mind is.

By a weak mind being made strong, we do not mean that mind which is wholly or partially incapable of reasoning and thinking, which is bereft of intelligence, the mind of the idiot—although where the reasoning powers are only partially eclipsed, it is possible by hygienic means to remove the dark shadow that crosses the path of the semi-idiot mind—but we mean that mind which, being possessed of reasoning powers, is slow to appreciate or to exercise the reasoning faculty, which fails to grasp quickly the thought of the moment, or which is weak in resolve, thereby being easily persuaded to do that

the performance of which often brings about regret afterwards.

That quotation from the Latin of Horace, "A sound mind in a healthy body," points to the fact that unless you are constitutionally healthy in body, it is hardly fair to expect that your mind will be particularly sound, to interpret the quotation literally, which no doubt it is intended to be.

To illustrate this argument, we may mention the names, for instance, of John Ruskin, Walter Besant, Kipling, Hardy, and a host of others prominent in the world of writers; of Richmond, Fildes, Poynter, Herkomer, and other strong men in the world of art; of Balfour, Harcourt, Labouchere, in the political world; all of whom are endowed with exceptionally strong minds, proceeding from particularly healthy bodies which are much exercised physically by their owners.

On the other hand, you have only to take a hasty glance at the person whose mind is unsound in order to draw your conclusions that the unhappiness of the man is determined by the unhealthiness of his body. Therefore, to try to strengthen a weak mind—the degree of the weakness, of course, permitting—regular physical exercise should be taken every day.

